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ABSTRACT OF THE DISCLOSURE

A programmable food storage container and behavior modification assistant, having an automatically closing and locking lid/door, and a programmable lock mechanism able to accept and store multiple defined sequential periods of inaccessibility of variable duration and frequency, and multiple defined periods of accessibility of variable duration and frequency. Use of the device mandates compliance with, and reinforcement of behavior consistent with, the user's desire to develop and adhere to a pattern of controlled and limited consumption of any products stored within the container. Addressing the problem left unsolved in the prior art (i.e., the inability of some consumers to resist impulses to consume, and the finite and consumable capacity of people to resist temptation), the device eliminates temptations regarding its contents, and thus eliminates wasteful consumption of the consumer's finite supply of willpower, or capacity to successfully resist an impulse to consume.

RJW/llk

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